

# Blueberry Muffin w/Strawberry Yogurt



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-23251
<b>School:</b>	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW	1 Each	THAW- Store frozen until ready to use. Thaw overnight under refrigeration	262370
YOGURT DANIMAL STRAWB N/F	1 Ounce	READY_TO_EAT	885750

## Preparation Instructions

Blueberry Muffin

THAW

Store frozen until ready to use. Thaw overnight under refrigeration.

CCP: Hold at 50°F -70°F

Strawberry Yogurt

READY\_TO\_EAT

CCP: Hold for cold service at 41° F or lower.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		207.50	
<b>Fat</b>		7.00g	
<b>SaturatedFat</b>		1.00g	
<b>Trans Fat*</b>		0.10g	
<b>Cholesterol</b>		10.00mg	
<b>Sodium</b>		148.75mg	
<b>Carbohydrates</b>		33.50g	
<b>Fiber</b>		1.00g	
<b>Sugar</b>		17.50g	
<b>Protein</b>		3.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	25.00mg	<b>Iron</b>	0.72mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available